



SEEKONK HUMAN SERVICES



Town Courier

320 Pleasant Street ~ Seekonk, MA ~ 508-336-8772

*Monday through Thursday 8:30am—4:30pm

*Fridays 8:30am—12:30pm

*Evening appointments available upon request

November 2015

Seekonk Human Services

Will be closed

Wednesday, November 11th For Veterans Day

Wednesday, November 25th at 12:30pm

Thursday and Friday November 26—27 for
Thanksgiving

HOLIDAY HAPPENINGS

Wednesday, December 2, 2015 @ 10am

This program includes a discussion on holiday traditions, along with some easy and festive decorating ideas. Join us for a social gathering which includes a free raffle of two beautiful wreaths which are designed during this interactive demonstration. This is presented by Stacey Hiltner from Community VNA. Lunch will be Pasta and Meatballs, with coffee and dessert for \$3. Please sign up in advance as seating is limited by calling 508-336-8772.



VETERANS DAY CELEBRATION

Wednesday, November 4, 2015 @ 10am

What is Veterans Day?

A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Let us always be thankful for those who served.

Our new Veterans Agent, Jim LaFlame will be our speaker at this event

A delicious turkey dinner will be served with all the fixings for \$3.

FREE LUNCH FOR VETERANS!

Seating is limited,
Please pay and sign up advance
by calling 508-336-8772



TRIAD CHRISTMAS PARTY

Wednesday, December 9, 2015 @ 10am

Bring you Christmas spirit and let's have a party!

Prizes will given for the best festive sweater, shirt, tie, or hat!!

Lunch will be a delicious
Pot Roast Dinner with coffee and dessert
For \$3

Please sign up in advance as seating is limited
By calling 508-336-8772



SEEKONK COUNCIL ON AGING

November 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By: GATRA	3	Veteran's Day Celebration Lunch: Turkey Dinner for \$3	4	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	5	Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!	6	Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm
9	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By: GATRA	10	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	11	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Mens Breakfast @ 8:30am Toti's Restaurant	12	Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!	13	Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm
16	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By: GATRA	17	FREE Blood Pressure and Glucose Clinic 9:00am - 10:30am *Brown Bags Delivery/Pick Up* Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	18	Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Womens Brunch @ 10:00am Toti's Restaurant	19	Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!	20	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
23	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By: GATRA	24	Human Services will be closing at 12:30pm for the Holiday	25	Happy Thanksgiving	26	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	27	
30	Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm								



DAYLIGHTS SAVINGS TIME ENDS



It's almost that time of the year! Daylights savings time will be ending on **Sunday, November 1, 2015**. This is a perfect time to change your smoke detector and carbon monoxide batteries. Remember

fall back — gain an hour of sleep! If you need assistance changing you're the batteries, please call Seekonk Human Services at 508-336-8772.

CHANGE YOUR CLOCK



MEN'S BREAKFAST

Thursday, November 12, 2015 @ 8am
Toti's Restaurant

All men are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast, order what you want, pay for what you order.

WOMEN'S BRUNCH

Thursday, November 19, 2015 @ 10am
Toti's Restaurant

All women are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious brunch. There is no set price for brunch, order what you want, pay for what you order.

THANKSGIVING BASKETS AND MEALS



Anyone who receives food from Doorways Food Pantry is eligible to receive a Thanksgiving turkey from Doorways. If you are not currently participating in Doorways, you may call the Outreach Department at Seekonk Human Services for an appointment to receive a holiday basket. You will need to fill out an intake

form. Please call 508-336-8772 by **Wednesday, November 18th** if you or anyone you know needs a basket. Anyone who is homebound and would like to have a hot meal delivered on Thanksgiving should sign up at Seekonk Human Services by **Friday, November 14th**. Please call 508-336-8772 to have your name put on the list.



CHRISTMAS BASKETS AND MEALS

Anyone who receives food from Doorways Food Pantry is eligible to receive a Christmas Basket from Doorways. If you are not currently participating in Doorways, you may call the Outreach Department at Seekonk Human Services for an appointment to receive a holiday basket. You will need to fill out an intake form. Please call 508-336-8772 by **Friday, December 18th** for a **Christmas Basket**. Anyone who is homebound and would like to have a hot meal delivered on Christmas should sign up at Seekonk Human Services by **Friday, December 18th**. Please call 508-336-8772 to sign up.

CHRISTMAS IS FOR KIDS

Seekonk Human Services will be participating in Christmas is For Kids again. Applications are available at Seekonk Human Services. Please contact Seekonk Human Services at 508-336-8772 for an application. *The program is intended for children age 0-13 years



Christmas For Kids

old. Application deadline is **December 11, 2015**. **NOTE: Anyone interested in adopting a family for Christmas please contact Bernadette Huck, Director of Human Services @ 508-336-8772.**

TWO SAFETY MEASURES, ONE PRIORITY

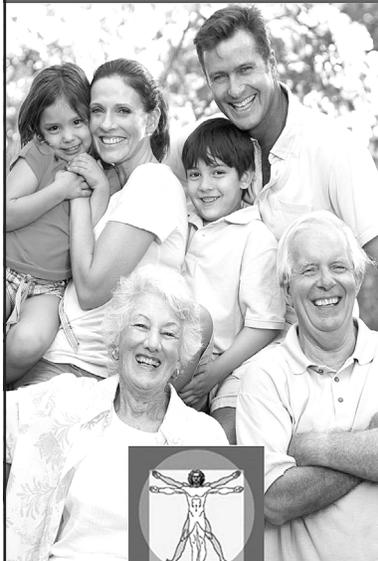
The Bristol County Sheriff, Thomas Hodgson, is offering the "**R.U.O.K?**" program. Telephone calls are placed to seniors, disabled persons, and shut-ins. Calls are made the same time each day to check on the well being of the individual. If there is a no answer, a second call will be placed. If there is no answer after the second attempt, the Town's first responders will be dispatched to physically check on the person. Applications are available at Seekonk Human Services. For more information, please call Seekonk Human Services at 508-336-8772.

Thank you!

On behalf of the
Seekonk Town Crier
for your support
of our newsletter



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927B Warren Avenue
East Providence, RI 02914

Phone: (401) 438-0905

Fax: (401) 438-0903

Monday - Friday: 6:00 AM - 7:00 PM

Friday: 6:00 AM - 7:00 PM

Saturday: 7:00 AM - 12 PM

CUMBERLAND OFFICE

2295 Diamond Hill Road
Cumberland, RI 02864

Phone: (401) 305-3858

Fax: (401) 305-3859

Monday - Thursday: 7:30 AM - 7:00 PM

Fridays 7:30 AM - 4 PM



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PO. BOX 3288
10 NORTH MAIN ST.
FALL RIVER, MA 02722-3288



Local #215



Lodge #5

SEEKONK POLICE

MASS C.O.P. Local #215 F.O.P. Lodge #5
Taunton Avenue P.O. Box 353
Seekonk, Massachusetts 02771



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**To be a sponsor in the next
*Seekonk Town Crier***

Newsletter!

Please contact

Tom Reily

508-336-6633

x 337



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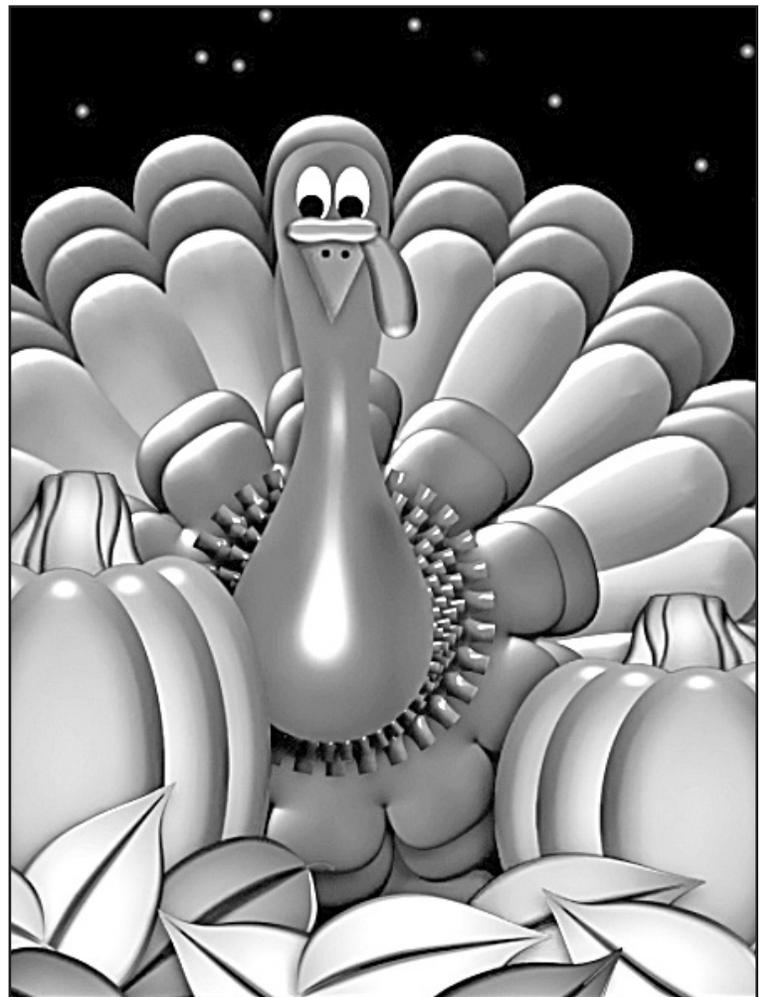
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Phone: 508-379-9700
www.countrygardens-health.com



MEDICARE OPEN ENROLLMENT

October 15—December 7



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information!*

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help *you*: call Seekonk Human Services @ 508-336-8772 to make your appointment. ***Have your pharmacist give you a print out of your current prescriptions for your appointment**

FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application. File the application as soon as you get it. If you have never had fuel assistance and would like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel Assistance begins November 1st.**

Income Guidelines:

Maximum income for 1 person is \$33,126, for 2 people is \$43,319, for 3 people is \$53,511, and for 4 people is \$63,704. Income includes your social security, pensions and any interest income.

Needed Documents:

- ◆ Proof of income
 - ◆ 4 consecutive pay stubs
 - ◆ Social Security Award Letter or 1099
 - ◆ Pension (Current 1099)
 - ◆ Interest Dividends (1099)
- ◆ List of everyone in household plus their income
- ◆ Homeowner's must include:
 - ◆ Mortgage statement
 - ◆ Real estate tax bill
 - ◆ Insurance bill
 - ◆ Recent copy of electric bill and gas/oil bill
- ◆ Renters include:
 - ◆ Rent receipt
 - ◆ Recent copy of electric bill and gas/oil bills
- ◆ Food Stamps—copy of verification



Wii Fun

Fridays @ 10am



Come join us for some Wii Fun! The Wii is an excellent way to have fun and be active. Call Seekonk Human Services @ 508-336-8772 for more information. No sign up is necessary just come in!

BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, November 18, 2015

Seekonk Human Services

9:00am—10:30am

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide a blood pressure & glucose screening on the 3rd Wednesday of the month from 9:00am to 10:30am. This is a perfect opportunity to get your blood pressure & glucose tested. This is a first come first serve clinic.

KNITTERS AND CROCHET

Yarn Donation Needed!

The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes. Our knitters are in need of yarn to keep up with demand. Donations can be made by dropping off yarn at Seekonk Human Services, 320 Pleasant Street or by calling 508-336-8772. Thank you in advance for your donation.



SEEKONK TOTAL FITNESS

1301 Fall River Avenue

Seekonk, MA 02771

508.336.4545

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Monday, Wednesday, and Friday from 11am—12pm. The one hour fitness class is designed specifically for older adults and taught by a certified senior fitness instructor. This easy to follow workout is safe, heart-healthy and gentle on the joints. Energize your inactive lifestyle by increasing muscular strength, range of movement & balance. The cost per class is \$1.

YMCA*

472 Taunton Avenue

Seekonk, MA 02771

508.336.7103

\$3 fee per class for the following classes:

- ◆ **Arthritis Foundation Aquatic Exercise**
Monday, Wednesday, Friday @ 9am
- ◆ **Aquaerobics**
Monday, Wednesday Friday @ 9:45am
- ◆ **Silver Sneaker Classic**
Monday, Wednesday and Friday @ 11am

***Must be a Seekonk Resident**

FREE MEDICAL EQUIPMENT

Our FREE Medical Loan Closet is available to Seekonk residents. We are in need of wheelchairs. Please call Seekonk Human Services to schedule pick up/drop off and/or donations at 508-336-8772.

Seekonk Human Services
320 Pleasant Street
Seekonk, MA

Phone: 508-336-8772
Fax: 508-336-2239

Email: bhuck@seekonk-ma.gov

**We're committed to Seekonk's Seniors.
Help us, help you.**

Seekonk Human Services is primarily an informational and referral agency. We try to help you directly or by introducing you to a network of federal, state, or local support services. Human Services is opened for appointments and drop-ins Monday through Thursday 9:00 am to 3:00 pm and Fridays 9:00 am to 11:00 am. We have evening appointments available upon request. All Seekonk residents are invited to enjoy the activities at the center.

*** NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners. The Town Crier is partially funded by the Executive Office of Elder Affairs. We thank them for their support.**

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

PRSR STANDARD
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**Board Meets fourth Monday of the month
@ 3:30pm in the
Board of Selectmen Meeting Room**

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Christine Allen

Anita Gendron

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Anne Libby

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Rene Andrews

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Victoria Kinniburgh

CHAIRPERSON

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EXECUTIVE BOARD MEMBERS**

**SEEKONK HUMAN SERVICES STAFF
508-336-8772**

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Ashley Cartwright ext. 12

CLERICAL ASSISTANT
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